

# Front Street **FITNESS**

CITY EMPLOYEE FITNESS CENTER

## 2017 WINTER CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
12-12:20pm	12-12:30pm	12-12:20pm	12-12:30pm	12-12:30pm
<u>Lower Body Weight Training</u>	#WOW workout	(CORE - HIIT)	#WOW workout	"TGIF" THE GRIND INCLUDES FRIDAY
12:20-12:40pm	12:30-12:45pm		12:30-12:45pm	
<u>Upper Body Weight Training</u>	<u>Mobility</u> for better performance		<u>Mobility</u> for better performance	

**Upper Body & Lower Body Weight Training:** Weight training designed to help improve strength and endurance by adding dumbbells and other equipment into a workout.

**#WOW Workout** Class will be the same workout as the #WOW 8 Week Challenge (contact Pat for more details and to sign up)

**(CORE - HIIT):** This is a workout that will incorporate core exercises with high intensity interval training to give you a strong core and increase your cardio ability.

**Mobility for better performance:** This class is a stretching and flexibility class designed to increase performance through greater muscle mobility.

**"TGIF"THE GRIND INCLUDES FRIDAY:** This is a workout that will be incorporating any or all of the workouts throughout the week.

**Would you like to join FSF or have questions about group classes?**

Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at [plshick@columbus.gov](mailto:plshick@columbus.gov) or x3979